

“I walk during my lunch time, walk the dog when I get home, play badminton and work in the yard and garden.”

Troy Powell,
Senior Project
Coordinator,
Engineering-
Utilities

BADMINTON



People don't believe: "That I seriously walk for fun." -- Troy

Be Active Tip: A study conducted by the Leeds Metropolitan University found that 45-60 minutes of exercise midday improved the productivity & mental health of employees by 65 percent.